~~83~~

On the effects of Winds,
and on the relative influence of
Seasons & Months upon
human life.

Thus far Gent: have we examined the effects of the Air upon the body as far they relate to their sensible qualities. But ~~both~~ they all act differently in different seasons. ~~For~~ Winter they dispose to diseases of the head – in the Spring to diseases of the lungs, and in Summer & autumn to diseases of the alimentary Canal. Winter has been compared to the infancy, Spring to the youth, Summer to manhood, and Autumn to the old age of the human body, & it is very remarkable, ~~by to~~ the diseases produced by each of them, are the diseases of those 4 stages of human life. But again heat & cold act differently upon the body, not only in different seasons, but in nearly all the

months in middle latitudes. They act differently in towns & countries, as in cultivated & uncultivated parts of the world, ~~the latter~~ but in ~~both~~ all of them their effects are more or less influenced by the combination of the air with certain morbid exhalations, ~~of the air~~ - which will be taken notice of under our next head.

To exhibit the influence of the seasons and months in a climate nearly similar to ~~our~~ our own, I shall furnish you with an extract from a journal of the deaths from sickness in the parish of St. Nicholas in Boloqne in France upon the sea shore in the latitude of 50°: between the years 1776 and 1783. It is taken from Dr. Daignan's tables of the variety of human life - a curious & valuable book put into

very hands by Mr Jefferson during his ~~which~~ ~~was~~ residence in this city as Secretary of State. I shall first give you the amount of all the deaths in each of the seasons that are included in the above seven years. In the winters 365 — in the Springs 292 — In the Summer 234. in the Autumn 357 — in all 1248. You perceive here the greatest number ~~the seasons~~ ~~weather was~~ of deaths took place in winter. The same thing now occurs in London according to Dr Heberden. The next degree of mortality was in Autumn, probably from the combination of the air with some morbid exhalations. The same thing occurs in Philad^a in most years and from the same cause. The Spring comes next in the number of their deaths, and the Summer last. In this they nearly accord with the Springs & Summers in Philadelphia.

I shall now mention the influence

of every month in the year taken from the same register of the parish of St Nicholas by Dr Dalgnan.

In the Months	there Died Boys	girls	75 married men	married women	widowers	widows	all
of Jany 142	57	39	18	15	8	12	142
Feb: 111	40	35	16	12	4	4	111
march 112	42	27	9	9	12	13.	112
April 108	30	31	17	13	7	10	108
may 107	31	29	10	14	9	14	107
June 77	21	27	8	11	1	9	77
July 72	20	23	11	9	3	6	72
Aug^st 85	29	20	18	8	1	9.	85
Sepr 120	36	35	12	24	3	10	120
Octob^r 110	43	35	8	13	2	9	110
Novr 125	42	34	10	19	5	15	125
Decr 122	38	35	20	13	7	9	122
	429	370	150	160	62	120	

From a review of the influence of the weather in each of these months it appears that the most sickly of them was January. This is not common in the middle States of America, except from Epidemics, or in open winters. The principal mortality in this month when intensely cold is among old people & hard drinkers. February & March appear to have been attended with a good deal of mortality, nor did it abate much in April. The weather in these months is very variable, & often proves fatal to Chronic patients, more especially to persons affected with pulmonary Consumption. The inflammatory diseases of those months are seldom fatal in our Climate. ~~The months of~~ June & July were the most healthy months in the year. The same thing may be said of the

climate of Pennsylvania. The latter end of July sometimes prove fatal to children, but I have uniformly observed June to be the healthiest month in the year in Philad.a Dr Sydenham says the diseases of winter spend themselves in June, & the diseases of ~~winter~~ summer in February. Hippocrates ~~says~~ makes the same remark, but in other words - He says the diseases of winter are seldom cured till midsummer, & the dis=cases of summer seldom before the middle of winter. Vanswieten tells us that the regular ~~hour~~ period for fevers to show themselves for the first time is at the vernal and autumnal equinoxes, but that these appearing sooner or later is influenced by the weather - hence the former often appear in February, & the latter ~~late~~

in August, or in the beginning of September in all the middle latitudes of our globe. They are more frequently anticipated, than postponed according to Pugnet in European Countries. The Climate of Pennsylvania bears witness to the truth of the remarks of Sydenham & Hippocrates. Our Spring fevers bear the marks of winter in the pulse & in the blood, and ~~our~~ the fevers of December, January & February often bear the marks of our summer diseases in sickness at stomach - discharges of bile, and in a sallow skin. According to this remark, the healthiness of the month of June may be ascribed to kind of Solstice in Diseases. They seem to rest from the business of destruction for a few weeks, but it is only to exchange one sett of the weapons of death for another.

The months of August ~~is~~ were more ~~fatally~~ fatal to life over table than Early. This is generally the case in Philadelphia.

The months of Septr & October & November were ~~worse~~ attended with more mortality than the three preceding months. I ascribed this formerly to the ~~same as~~ ~~[illegible]~~ influence of marsh exhalation ~~with~~ combining with the sensible qualities of the air, ~~but~~ Perhaps ~~the~~ they were aided by the cool nights which often succeeded warm days in those months. I am sure much of the increase of sickness ~~of~~ in our city in Sept & and October is from that cause, for our citizens seldom lay aside their summer cloathes in those months, & never change them with the coolness & dampness of the evening air. The ~~sick~~ diseases which are induced whether by the changes

~~such as elevated & low situations,~~
~~the vicinity to the ocean or to large rivers,~~
~~& the woods & the nature of the soils,~~

in the sensible qualities of the air, or by putrid exhalations generally continue the=
=til frosty nights come on, unless heavy rains should fall in the mean while, for they both alike check ~~bilious fevers from the latter cause~~ over autumnal fevers.

~~Yours~~ I have thus given you a comparative view of the influence of the sea=
=sons & months in two parts of the world, viz the Parish of St Nicholas in France & in one of the middle States of America. But you are not to suppose they are the same in all countries. ~~Many~~ Many circumstances to be mentioned hereafter, ~~which~~ influence the ~~temperature~~ heat & cold - the moist=
=ure & dryness - the density & rarity of the air - & its various impregnations, and ~~both~~ the ~~course~~ course and nature of winds, ~~etc~~ act in such a manner as to powerfully upon the relative ~~ha~~ healthiness and

√ in the same seasons & months,
= and in the latter, big months, nearly in the same latitude. I shall illustrate this by a few examples. ~~In an Journ~~ I said formerly that the winter was the most mortal season in London. The summer is the least so. ‡ In New York it appears from the register of deaths from the year 1804 to 1808 inclusive, that the most fatal season is Autumn, & the least so winter. Again – in "
‡ Upon the Shores of the Mediterranean Celsus tells us "the Spring was the most healthy ~~season in the year~~ – next to this the winter – next the Summer – and Autumn the most mortal season in the year"
In England the months are healthy in the following order – July, August June, Sept.r Octob.r Nov.r May, Decem.r April, February, Jan.y & March. It is nearly resembles ~~the~~ relative healthiness of the months in the parish of St Nicholas. –

~~the same persons of health~~ 42
mortality of cities, towns & country ~~in~~
~~or nearly the same~~ ~~Those~~ ~~I refute~~
~~the same~~ ~~latitude & climate and of constitution~~,

Illustrate this by a few examples ~~of~~ taken
from the cities of London - Liverpool and
York in England, and Montpelier in
France. England the
~~the~~ most sickly & fatal month
in London is & York ~~in England~~ January - in Liverpool
March & in Montpelier August. The
most healthy months in London and
York is July, - in Liverpool, August, and
in Montpelier, May. At Plymouth in

The table which I have read to you
will furnish some very useful remarks
upon the influence of the remote causes
on persons of different ages, & conditions
in life, but these will come in more
properly in the place marked for them in
our Syllabus. ——